

February 2001

Issue 1



HEALTH PROMOTION NAVAL RESERVE

Health Promotion Update



NAVY ENVIRONMENTAL HEALTH CENTER (NEHC)

NEHC is headquartered in Norfolk, VA and serves as the Navy's Program Manager for Health Promotion. The Health Promotion section of the Home Page <http://www-nehc.med.navy.mil/hp> is a great place to start to familiarize yourself with what is happening in Navy Health Promotion. Resources such as handouts, power point presentations, training kits and videos are available to download or order from the web site. The information covers the gamut of healthy lifestyle programs including tobacco cessation, physical fitness, injury prevention, nutrition education, weight management, stress

management, suicide prevention, prevention of alcohol and substance abuse, sexually transmitted diseases and HIV education. Please access this information to enhance the health promotion efforts at the reserve unit, center and REDCOM level.

DID YOU KNOW??

The NEHC HP web page has a special section dedicated just to RESERVE ISSUES. It's new and has links that will be of particular interest to the health promotion needs of reserve component members. To access from the HEALTH PROMOTION Home Page go to <http://www-nehc.med.navy.mil/hp> Just click on RESERVE ISSUES.

IN THE MEANTIME...

A brief assessment was done (January 2001) recently of the nine Naval Reserve Readiness Commands REDCOMs) regarding the status of Naval Reserve Health Promotion activities. A summary of the findings showed that:

- * All NINE REDCOMS reported awareness of Navy Health Promotion instructions (COMNAVRESFORINST 6110.3, SECNAVINST 6100.5, OPNAVINST 6100.2, BUMEDINST 6110.13).
- * FOUR of the nine have a health promotion program, with two reported in development.
- * SIX out of nine have a Health Promotion Coordinator appointed with one in the process of selecting someone.
- * ONE REDCOM had a Health Promotion Wellness Committee/Council.
- * FOUR of the nine have a

Health Promotion coordinator who has attended some type of HP training (i.e. Navy Health Promotion Director and Semper Fit Coordinator Training and Certification Course, Health Promotion Basics Course, NEHC HP Conference, Navy HIV Instructor Training, or Put Prevention Into Practice Workshop).

* FIVE out of nine have conducted local needs assessments to determine demographics and/or health risks of their respective target population.

COMING SOON...

NEHC Health Promotion was approved funding for a 179 day ADSW and is in the process of reviewing applicants for the position. The Selected Reservist will serve as the project manager for Naval Reserve Health Promotion at NEHC. The plan is to have a project manager on board during the Spring 01.

Health Promotion Contacts At Naval Reserve Readiness Command (REDCOM) Regions...

REDCOM NORTHEAST

CAPT JANET TRINKWALDER, NC, USNR
(716) 688-4676
e-mail: PTrinkwald@aol.com
HMC BYRON (401) 841-3866
e-mail: byron@cnrf.nola.navy.mil

REDCOM MID-ATLANTIC

YNC CLARENCE McCALLUM
(202) 433-6276 DSN 288
e-mail: mccalluc@cnrf.nola.navy.mil

REDCOM SOUTHEAST

CDR SANDRA LANE, NC, USNR
(850) 245-4444, ext. 2236
e-mail: Sandra_Lane@doh.state.fl.us

REDCOM MID-SOUTH

HMC CHARLES FREEMAN
(901) 874-7029 DSN 882
e-mail: free@cnrf.nola.navy.mil

REDCOM NORTH WEST

HMC DANIEL ALLEN
DSN 727-3875 e-mail: allendan@cnrf.nola.navy.mil

REDCOM NORTH CENTRAL

CAPT DONNA KREFT, NC, USNR
1-800-362-2793, ext. 2511
e-mail: dkreft@frontiernet.net
or kreft@triton.iccc.cc.ia.us

REDCOM SOUTHWEST

HMC DAVID GRUBB
(619) 532-1868 DSN 522
e-mail: grubb@cnrf.nola.navy.mil

REDCOM SOUTH

HMCS KATHIE LOWERY
(817) 782-6657 DSN 739
e-mail: loweryk@cnrf.nola.navy.mil
HMC Molina (817) 782-6739
e-mail: Molina@cnrf.nola.navy.mil

REDCOM MIDWEST

CAPT JOHN OUDSHOORN, NC, USNR
(616) 975-8468 or (847) 688-4718
e-mail: john.oudshoorn@priority-health.com



Resources You Should Know About....

FRIDAY FACTS is...

a one-page weekly newsletter focusing on Navy HP news and various health education topics. It comes out weekly (on Fridays!) in text format to your email or a colorful, graphics version in pdf can be downloaded and printed out. Subscribe to this publication by visiting <http://www-nehc.med.navy.mil/hp> Click on FRIDAY FACTS.

NAVY PHYSICAL FITNESS TRAINING KIT is...

a Technical Training Manual addressing the 3 primary components of physical fitness: Aerobic, Muscular, Flexibility/Injury Prevention. Go to

<http://www-nehc.med.navy.mil/hp>

Click on FITNESS, then click on USN PHYSICAL FITNESS TRAINING KIT. Follow instructions for ordering.

STARTER KIT is....

a CD-ROM or manual containing many materials and resources needed to start a command Health Promotion program. Order by completing the form on the web page. Go to <http://www-nehc.med.navy.mil/hp> Click on RESOURCES & TOOLS, then STARTER KIT. Fax to NEHC Health Promotion, Attn: Vickie Durbin, FAX # 757-444-3672

FIVE A DAY THE NAVY WAY VIDEO is...

a video that promotes the benefits of consuming 5 or more fruits and vegetables daily as a part of a healthy diet. Request the FIVE A DAY video #C-073 (eight minutes) or the FIVE A DAY THE EASY WAY video #C-142 (fifteen minutes) by e-mail to the Naval School of Health Sciences at rfreeman@nsh10.med.navy.mil or fax your request to (301) 295-6899.



More Resources...

SHARP NEWS (Sexual Health and Responsibility Program) is... up-to-date information on sexually transmitted diseases and issues related to sexual health. Visit the SHARP Home Page (part of NEHC HP page) at <http://www-nehc.med.navy.mil/hp/sharp>. You can subscribe or download previous newsletters or subscribe by clicking on SHARP NEWS. SHARP also has 2 self study training opportunities: HIV Policy and HIV Facts and 1 resident course: STD-HIV Counseling. CME credits will be available for the self study courses this spring and are awarded now for the resident course. For more information see the SHARP website.

THE ALL HANDS SUICIDE PREVENTION FACILITATOR TRAINING KIT is ... designed for a DON audience, Navy and Marine Corps active duty, reservists and civilians. Each Reserve Center should have a copy of the program kit which includes a manual, overheads and a video. To order go to DEFENSE VISUAL INFORMATION website: <http://afishp6.afis.osd.mil/dodimagery/davis/>. Type in Suicide Prevention, order PIN# 806377, Suicide Prevention Taking Action Saving Lives, May 2000. (All but the video may be downloaded from the HP Suicide Prevention Home Page.

NATIONAL HEALTH OBSERVANCES are... days, weeks and months devoted to particular health issues and concerns. Two web sites that offer this info are: <http://www.health.gov/nhic/pubs/nho.htm> or <http://www.nationalwellness.org/nwa> and click on PREVIEW NWA PUBLICATIONS.

US ARMY HOOAH 4 HEALTH is... the US ARMY Health Promotion and Wellness Reserve web site. Specifically designed to address the protection and readiness of the ARMY, especially its Reserve Component. Go to <http://www.hooah4health.com/default.htm>.

Health Promotion Training Opportunities...

FORTY-FIRST NAVY OCCUPATIONAL HEALTH & PREVENTIVE MEDICINE WORKSHOP INCLUDING THE 1ST DoD COMBINED HEALTH PROMOTION CONFERENCE 10-18 MAY 2001 at Town & Country Hotel & Conference Center, San Diego, CA. Theme: "Population Health - Promotion, Protection, Prevention". For more information and registration, go to <http://www-nehc.med.navy.mil> and click on WORKSHOP HOMEPAGE.

HEALTH PROMOTION DIRECTOR TRAINING AND CERTIFICATION WORKSHOP 26 FEB-2 MARCH, 2001; 21-25 MAY 2001 Dallas, TX. This workshop is also offered through the Cooper Institute for Aerobic Research. Go to Website at <http://www.cooperinst.org> or call 1-800-635-7050.

NAVY HEALTH PROMOTION DIRECTOR (HPD) & MARINE CORPS SEMPER FIT COORDINATOR TRAINING & CERTIFICATION COURSE: 21-25 MAY, 2001 at Club Coronado, San Diego, CA **5-9 NOV 2001** at Snug Harbor Officers Club, NAB Little Creek, VA. This is the recommended training for HP Coordinators who oversee a large area of influence, such as a REDCOM or Reserve Center level. Two quotas per course are designated for Reserve component members. Go to <http://www-nehc.med.navy.mil/hp/tc/course/8nhpconf.htm> for more information. Download BUMED Message R121416Z JAN 01 which contains information on how to apply for the 2001 courses.

26th ANNUAL NATIONAL WELLNESS CONFERENCE 14-20 JULY 2001 at Stevens Point, WI. Theme "2001 Wellness Odyssey: Experience It!" Sponsored by the National Wellness Institute. Website: <http://www.nationalwellness.org/nwc/> or call 1-800-243-8694.



NEHC Health Promotion/Population Health Staff

CAPT Deborah McKay, NC, USN Director	757-462-5588	mckayd@nehc.med.navy.mil
CAPT Robert Brawley, USN Population Health Program Manager	757-462-5595	brawleyr@nehc.med.navy.mil
Lynn Klanchar, Deputy Director, Program, Manager PPIP/Alcohol/Reserves	757-462-5486	klancharl@nehc.med.navy.mil
Bill Calvert , Program Manager Sexual Health & Responsibility Program (SHARP)	757-462-3390	calvertb@nehc.med.navy.mil
PN2 Markis Derr, SHARP Peer Educator	757-462-5586	derrm@nehc.med.navy.mil
Vickie Durbin, Office Automation	757-462-5604	durbinv@nehc.med.navy.mil
Steve Heaston, Public Health Educator, SHARP	757-492-5461	heastons@nehc.med.navy.mil
Lynn Kistler, Program Coordinator, Weight Management	757-462-5439	kistlerl@nehc.med.navy.mil
Mark Long, Program Manager Tobacco, Stress Mgmt, Suicide Prevention/Reserves	757-462-5599	longm@nehc.med.navy.mil
Bob MacDonald, Public health Educator, SHARP	757-462-5566	macdonaldb@nehc.med.navy.mil
Carlette Parker, Office Automation	757-426-5569	parkercc@nehc.med.navy.mil
Diana Settles, Program Manager Physical Fitness, Injury Prevention	757-462-5589	settlesd@nehc.med.navy.mil
Mary Kay Solera, Program Manager Nutrition, HRA, Self-Care	757-462-5585	soleram@nehc.med.navy.mil
Sally Vickers, Program Manager Training, Weight Management	757-462-5571	vickerss@nehc.med.navy.mil
Patrice Wiggan, Webmaster	757-462-5607	wigganp@nehc.med.navy.mil
FAX Number: (757) 444-3672	DSN 253-	



**Navy Environmental
Health Center
Health Promotion**
2510 Walmer Avenue
Norfolk, VA 23513-2617
Phone: (757) 462-5500
Fax: (757) 444-3672